

## Home Blood Pressure Monitoring Sheet

When taking home blood pressure readings, please ensure that:

1. For each recording, 2 consecutive measurements are taken at least one minute apart, with the person seated.
2. That blood pressure is taken and recorded twice daily, ideally once in the morning and evening.
3. That blood pressure recordings continue for at least 4 days, ideally for 7 days.

Record your reading on this sheet.

